



SOLUTIONS FOR HIP AND KNEE PAIN

Are you having difficulty getting up and down from your chair or going up and down stairs? Are you avoiding activities because of aches or pain in your hips and knees? You may be experiencing arthritis due to injuries and/or age.

Your hips and knees are your largest joints, supporting your body's weight. They work in close coordination, giving us the mobility we need to enjoy an active lifestyle. But pain can flare up and make our basic activities of daily living a challenge.

The good news is that at Beyond Limits Physical Therapy, our physical therapists can help you find solutions to your pain and help you get back to living the life you enjoy!

Call our clinic today to learn how we can help you to keep living the kind of life you want with less pain and movement restrictions.

Common Causes of Hip, Knee, and Leg Pain

Hip, knee and leg pain are surprisingly common. Thus, their source can come from a variety of things. If you're experiencing pain in any part of your leg, pinpointing the exact spot can help you determine the cause.

Joint injury and being overweight during early adulthood are signs of a trajectory towards symptomatic osteoarthritis later in life. Repetitive stress and overuse type injuries are more common with tendon related pains. Cartilage and/or ligament injuries are more commonly associated with slips, falls and sports injuries.

While many causes of pain exist, the most common are:

- Arthritis
- Sprains and strains
- Tendonitis
- Cartilage injuries

In rare or more severe cases, the causes can be:

- Fractures
- Dislocations
- Pinched nerves

While some causes are more serious than others, a physical therapist can identify what is causing your pain and help clarify what your next steps should be.

What Do My Symptoms Mean?

Aching or stiffness around the groin is likely coming from the hip joint. Although some think the outer aspect of their pelvis is the “hip,” they are really referring to muscles and not the joint itself. Clarifying the location of your pain will help your physical therapist figure out the source of your pain and the appropriate plan to resolve it.

The inner aspect of the knee is commonly thought to be where most people experience early joint pain or cartilage injury. Pain along the outer aspect of the knee is typically due to tendon related injury or inflammation.

A decreased range of motion and difficulty bearing weight can also be signs of deeper problems which may indicate a more serious condition that warrants seeking help sooner than later. Ignoring your pain, or waiting too long to be seen can make the problem worse and eliminate simple solutions.

Often it's inactivity and avoiding movement that can contribute to immobility and pain. We know that our joints need movement for blood flow and nutrition to stay healthy. While some hip, knee and leg pains go away, those lasting longer than several months may be hinting at a deeper issue.

Sources: <https://pubmed.ncbi.nlm.nih.gov/33560326/>; <https://pubmed.ncbi.nlm.nih.gov/30126395/>; <https://www.usnews.com/news/health-news/articles/2021-07-29/more-than-half-of-americans-plagued-by-back-leg-pain>; <https://pubmed.ncbi.nlm.nih.gov/25591130/>

How Physical Therapy Helps

Education, exercise and weight loss are cornerstones of a successful outcome. Your physical therapist will assess your particular condition to identify the contributing factors and address all of them.

Physical therapists are skilled at hands-on intervention and exercise selection for the most comprehensive and appropriate intervention to help you resolve your pain and/or restore your function.

In many cases, physical therapy can help patients increase mobility, strength and function. Your therapist will design a program to restore lost motion, build your strength and teach you strategies for reducing pain and increasing your activity level.

Your therapist can help you reclaim a healthy lifestyle. From start to finish, we're dedicated to your ongoing well-being. On every level, physical therapy serves to enhance the patient's quality of life.

Contact us today, and tell us about your symptoms. We offer the results you are looking for!

Click here to
**MAKE AN
APPOINTMENT!**

VERTIGO AND BPPV

(BENIGN PAROXYSMAL POSITIONAL VERTIGO)



What Is Vertigo and BPPV?

Vertigo is a term used by medical providers to reference the sensation of dizziness that a person may experience. Vertigo can be due to a variety of reasons. Benign paroxysmal positional vertigo (BPPV) is a type of vertigo or dizziness that occurs when inner ear crystals, or otoconia, become dislodged within the inner ear, creating a sensation of severe vertigo in which the room is perceived to be spinning.

How Do We Treat Vertigo?

First, we must determine the causative factor for the patient experiencing vertigo so that we may properly apply the specific intervention. One of the tests administered is the Dix-Hallpike maneuver — a maneuver in which the patient lies on their back with their head extended over the end of the table. If a patient becomes dizzy during this test, we can ascertain that the dizziness is stemming from an inner

ear dysfunction involving the inner ear crystals housed within the semi-circular canals. We then perform the Epley maneuver to reposition the crystals so that the patient is no longer experiencing vertigo.

How Many Treatments Are Required?

If the vertigo is stemming from the inner ear crystals it is diagnosed as BPPV. Although very unnerving, this is the most quickly remedied dizziness pathology. We perform the Epley maneuver 1-2 times at the initial appointment to correct the inner ear dysfunction and then follow up with the patient 1x/week. Typically, the Epley maneuver is only required for 3-5 sessions depending on the patient's response.

Will I Get Sick During Treatment?

In order to correct the dizziness issue, the patient typically has to be tested with the Dix-Hallpike testing procedure.

Although this typically makes one dizzy, we are able to quickly remedy the dizziness within that same session so the patient walks away feeling resolution.

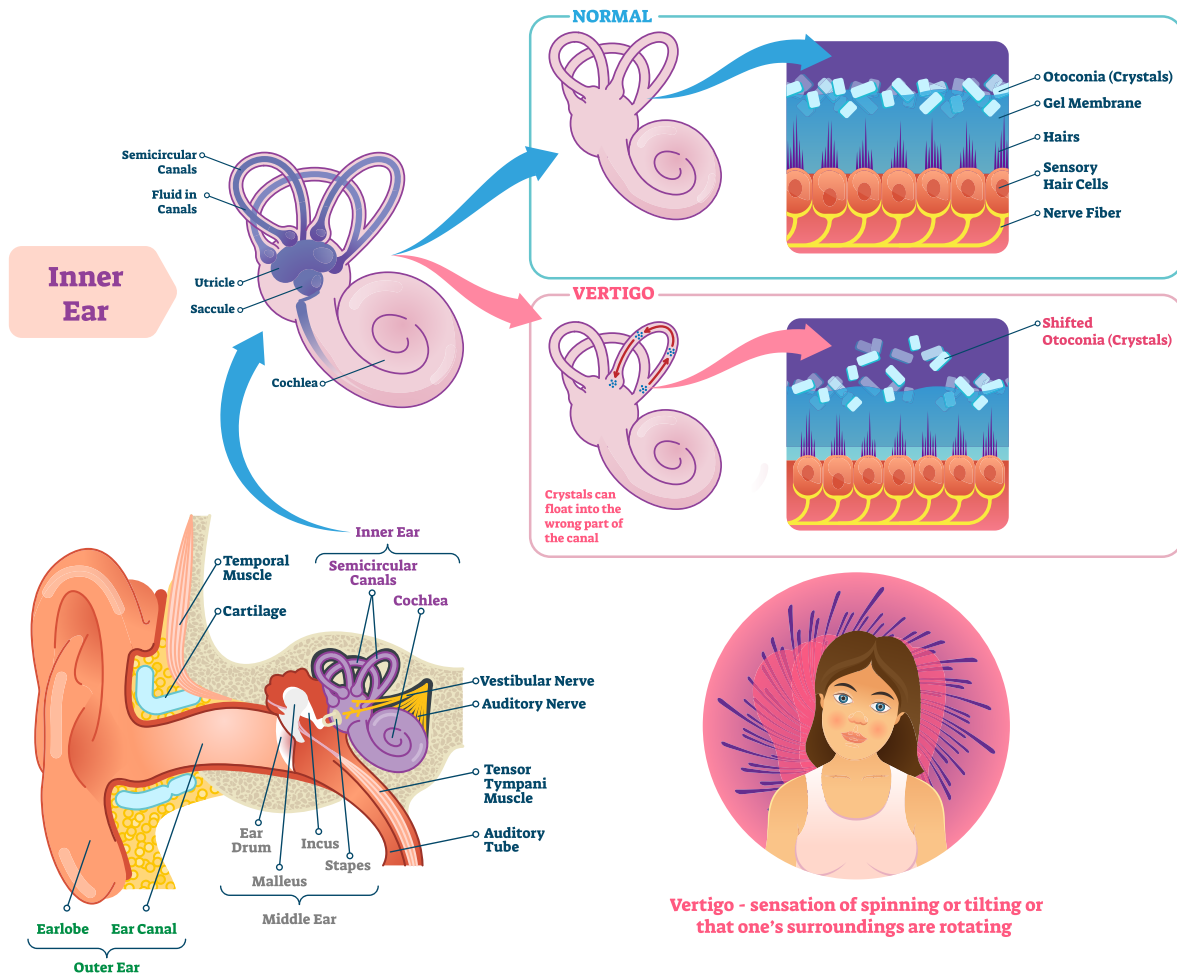
Can BPPV Return or Come Back?

Many times patients who have experienced BPPV/vertigo do experience repeat episodes in the future. This is typically due to improper head positioning or participation in certain activities that can once again dislodge the inner ear crystals. We have great success with repeat treatments utilizing the same Epley maneuver, though. Also, we spend adequate time

educating the patient on positions to avoid and modifications to implement in order to avoid exacerbation of symptoms.

Can I Do the Epley at Home?

Although videos are readily available on YouTube and other various social media platforms, we strongly caution against attempting this treatment maneuver on your own as you may adversely affect the inner ear canals and crystals. Please consult with your PCP to determine if you would be a good candidate for vestibular therapy if you have additional questions.



Vertigo - sensation of spinning or tilting or that one's surroundings are rotating

COME BACK TO PT!
YOU CAN LIVE PAIN-FREE!

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